



APRIL

SUN	MON	TUES	WED	THURS	FRI	SAT
			01	02	03	04
<p>To register for the above FREE YW Family Champions Program, please scan this QR code</p> 			<p>10:00 – 11:00 AM Wellness Wednesdays: Boundaries & Healthy Relationship</p> <p>1:00 – 2:30 PM Coffee and Playtime with Speech Language Pathologist</p>	<p>2:00 – 2:30 PM Online Parent Chat</p>	<ul style="list-style-type: none"> ● Educational Workshops for Caregivers ● Interactive Sessions for Kids & Caregiver ● Parent Chats for conversational Peer Support 	
05	06	07	08	09	10	11
		<p>10:00 – 11:00 AM Music & Movement</p>	<p>10:00 – 11:00 AM Wellness Wednesdays: Reasonable & Realistic Boundary</p>	<p>10:00 – 3:30 PM Adult Counselling & Child Minding</p>		
	<p>1:00 – 2:00 PM Can I Try it? – Facing fear with the obstacle play</p>	<p>1:00 – 2:00 PM Sensory Stations and Play</p>	<p>1:00 – 2:30 PM Coffee and Playtime with In-Home Support Info</p>			
12	13	14	15	16	17	18
		<p>10:00 – 11:00 AM AHS Nurse: Early Pregnancy</p>				
	<p>1:00 – 2:00 PM Play with me! – Follow the leader activities</p>	<p>1:00 – 2:00 PM Music & Movement</p>	<p>1:00 – 2:30 PM Coffee and Playtime: Indigenous Wellness with Miskanawah</p>	<p>2:00 – 2:30 PM Online Parent Chat</p>		
19	20	21	22	23	24	25
		<p>10:00 – 11:00 AM Parent Led Dance Party</p>	<p>10:00 – 11:00 AM LENA Start (ages 0 – 3) *Hybrid*</p>			<p>10:00 – 11:00 AM Little Big Steps: Drama Education Program (ages 6-9)</p>
	<p>1:00 – 2:00 PM Puppets Storytime</p>	<p>1:00 – 2:00 PM Wellness Tuesdays: Boundaries & Healthy Relationship</p>	<p>1:00 – 2:30 PM Coffee and Playtime</p>			
26	27	28	29	30		
		<p>10:00 – 11:00 AM Family Yoga</p>	<p>10:00 – 11:00 AM LENA Start (ages 0 – 3) *Hybrid*</p>			
	<p>1:00 – 2:00 PM Safe Goodbyes and Happy Reunions</p>	<p>1:00 – 2:00 PM Wellness Tuesdays: Reasonable & Realistic Boundary</p>	<p>1:00 – 2:30 PM Coffee and Playtime with Lead Foundation: Early Literacy</p>	<p>2:00 – 2:30 PM Online Parent Chat</p>		

Educational Workshop with Monthly theme: Boundary

- **Can I Try it? – Facing fear with the obstacle play:** Children explore a playful obstacle course by climbing, crawling, and balancing at their own pace. With caregiver support, little ones learn to notice their comfort levels and decide when they feel ready to try something new.
- **Play with me! – Follow the leader activities:** Through simple follow-the-leader games, children and caregivers take turns leading and following through movement. This playful exchange helps children experience turn-taking, attention, and responding to others.
- **Puppets Storytime:** Enjoy story time together as puppets bring the story to life. Children are invited to watch, listen, and play along while exploring feelings and everyday interactions.
- **Safe Goodbyes and Happy Reunions:** Through interactive games, children and caregivers practice saying goodbye and reconnecting. These playful moments help children experience separation and reunion in a safe and reassuring way.

Workshops:

- **Coffee and Playtime:** This session is all about building community. Come and hang out in our space, enjoy a cup of coffee or tea, and connect with other caregivers and talk about the journey of raising children in today's world.
- **Family Yoga:** Enjoy some morning yoga with your children. A yoga teacher will guide you through a yoga sequence you do with your child, followed by gentle stretching and relaxation. This provides a great opportunity to connect with yourself and child.
- **Indoor Obstacle Course and Play:** Join us for an hour of body movement and exploration. Your child will be given an opportunity to explore how they can move their body in new and challenging ways while having fun!
- **Music and Movement:** A joyful music and movement experience with live guitar. Children are invited to sing, move, and play while exploring rhythm and sound in a relaxed, welcoming space.
- **LENA Start (ages 0-3)** is a program for parents that uses regular feedback from LENA's "talk pedometer" technology to help increase interactive talk in order to close the early talk gap, improve school readiness, and build stronger families. This is a 10-week, closed group for families with children ages 0 – 3 from April 22nd to June 24th.
- **Online Parent Chat** A online space for caregivers to share experiences, ask questions, and connect with support.
- **Parent-led Dance Party:** Get ready to shake it at our Parent-led Dance Fun Time Workshop! This interactive session encourages families to dance together, exploring different styles and rhythms. Parents will lead the way in teaching easy-to-follow moves, making it a perfect opportunity for laughter, exercise, and quality time!

Collaboration Workshop:

- **Coffee and Playtime with Indigenous Wellness with Miskanawah:** Join us for a culturally grounded wellness gathering led by community facilitators from Miskanawah. Together, we explore family connection, resilience, and holistic well-being in a respectful and welcoming space.
- **Adults Counseling with Kindred & Child Minding:** We collaborate with a Kindred counselor to offer individual sessions for caregivers. There are only 3 spots available during this time period, so registration is required. While adults meet with the counselor, children are cared for separately in the playroom. Once you register, our Family Resource Network intake worker will contact you for follow-up.
- **AHS Nurse-Early Pregnancy:** Join our conversation with an AHS Nurse about early pregnancy, including physical changes, common questions, and ways to care for yourself and your baby.
- **Coffee and Playtime with Families Forward – In-Home Visit Info:** Enjoy coffee and playtime while learning about Families Forward's in-home visiting program. Families can ask questions, connect with staff, and explore support available for families.
- **Coffee and Playtime with Lead Foundation: Early Literacy:** Learning simple ways to support early literacy at home. Families will explore how reading, talking, and everyday play can help build strong language skills.

Parent Chat:

- **Wellness Tuesdays—Boundaries:** Join us an interactive conversation for caregivers to explore boundaries, communication, and healthy relationships in everyday family life.